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Message from the Health Officer

Disaster Preparedness

The Florida Department of Health in Seminole County has many roles to ensure the health of all citizens in the county. One of the key roles is that of emergency management and preparedness as the lead of Emergency Services Function 8 (ESF 8), Public Health and Medical Services. The Office of Emergency Management (OEM) at the State and local levels lead this team effort. They are dedicated to the safety and welfare of the public through the preservation of life, health, property, and the environment. Their mission is to provide a highly capable and resilient emergency management structure, utilizing a comprehensive whole community approach to protection, prevention, response, recovery, and mitigation activities through the fostering of an environment of collaboration, confidence, and synergy.

Led by Alan S. Harris, the Emergency Manager for Seminole County, the Office of Emergency Management (OEM) is responsible for the development, implementation, and management of countywide disaster prevention, protection, response, recovery, and mitigation activities. OEM staff provide countywide planning, training and exercise programs in order to be prepared for natural, technological, and/or man-made emergencies. In addition, their staff manage and coordinate the County's Emergency Operations Center (EOC) during times of emergency.

OEM staff are responsible for the development and maintenance of plans that keep Seminole County safe during a disaster. The Office also provides guidance to its municipalities and support agencies on the development of disaster management plans. The development of the Comprehensive Emergency Management Plan (CEMP), Continuity of Operations Plan (COOP), and Local Mitigation Strategy (LMS) is a cooperative effort with various local government entities, non-profit agencies, and faith-based Organizations. Seminole County Office of Emergency Management coordinates response with the Florida Division of Emergency Management. All mass casualty, large scale, environmental, or technological events require coordination from state, federal and local responders.

Teaching citizens how to prepare themselves for disasters is critical to the resilience of Seminole County. Emergency management staff provide workshops and seminars for residents that focus on disaster preparedness, response, recovery, and mitigation techniques. Throughout the year, the Office provides informational brochures and guides, establishes preparedness events, produces public service announcements and manages the County's preparedness

website (www.prepareseminole.org).

A common type of emergency and disaster preparedness scenario we are most familiar with in Seminole County is that of hurricane response and recovery. Last year's Hurricane Irma dealt a significant blow to Seminole County and central Florida, but without the response and efforts of the OEM and that of the entities it coordinated, including DOH-Seminole, the effects could have been much worse for many of us. Hurricane Maria, which did not strike our immediate vicinity, nevertheless resulted in almost 3,000 deaths in Puerto Rico along with extensive damage to its infrastructure and power grid and subsequently many evacuees. Over 1,000 evacuees came through Sanford International Airport. DOH-Seminole was able to provide to these evacuees a variety of services ranging from health care resources such as physicals and immunizations, to referrals for housing assistance.

Another type of emergency or disaster scenario that DOH-Seminole maintains readiness for is that of infectious disease threats and bioterrorism. Continual surveillance of emerging infectious diseases before they become a risk for Seminole County residents and visitors is a key role for DOH-Seminole. Working closely with community groups, academic institutions, other government agencies, and private medical providers, we seek to intervene on behalf of individuals diagnosed with disease and respond to outbreaks of disease as part of ongoing efforts to protect Seminole county residents. On page 2 of this issue of Seminole Health Connection you can read about a training exercise we engaged in to prepare for a large-scale bioterrorist event within 48 hours of an occurrence. This is just one example of the type of preparedness DOH-Seminole is continually engaged in, often behind-the-scenes or outside public awareness.

During an emergency or a disaster the Seminole County OEM is responsible for activating the Emergency Operations Center (EOC). The EOC is the central command and coordination point for disaster preparedness, training, response, and recovery efforts for the County. The EOC supports a county wide emergency response, continuity of government and crisis communication. DOH-Seminole plays a critical role in the EOC as the lead agency for Emergency Support Function 8 - Public Health and Medical Services. In this role DOH-Seminole is the primary resource for all health and medical assets within Seminole County. DOH-Seminole

has dual responsibilities in preparedness and response. The first is to maintain the ability to provide core public health services. The second is to coordinate the public health and healthcare system preparedness and response activities. During the last activation for Hurricane Irma, DOH-Seminole operated multiple Special Needs Shelters, medically enhanced shelters for those with health or medical conditions who meet program criteria during an evacuation. The Special Needs Shelter is for those individuals with medical needs who are not in a care facility, such as a hospital, nursing home or congregate living facility. As the lead for ESF 8, DOH-Seminole also monitors the safety and security of healthcare facilities, and provides post-impact environmental health assessments. There are 17 other Emergency Support Functions that comprise the state and local emergency response team. All of these entities work closely with one another to fulfill their mission and to respond with direct aid to disaster impact areas. These functions include transportation, communications, public works, firefighting, search and rescue, law enforcement and others. While these entities are ready to assist in the event of an emergency, it is equally important that individuals do what they can to plan and prepare for various types of disaster scenarios. DOH-Seminole and the Office of Emergency Management remain prepared and ready to respond to all hazards in coordination with partner agencies in their respective emergency support functions to keep our community safe.



Donna J. Walsh, MPA, BSN, RN
Health Officer
Florida Department of Health in
Seminole County



For more information about emergency support functions, partner agencies, and resources for preparing and planning for a natural or man-made disaster visit floridadisaster.org and prepareseminole.org



Youth Mental Health First Aid Training

On April 2nd, DOH-Seminole, in partnership with the University of Central Florida and other partners, hosted the *Free Youth Mental Health First Aid Training*. Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. A total of 34 attendees were certified in the 8-hour training course which taught participants risk factors and warning signs for mental

health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Included in the training is a five-step action plan that teaches how to assess risk of suicide or harm, listen nonjudgmentally, give reassurance and information, encourage appropriate professional help, and encourage self-help and other support strategies. The focus is on recovery and resiliency - the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.



Cloud 9 POD Exercise

DOH-Seminole conducted an indoor Point of Dispensing (POD) exercise on Tuesday, April 3rd. The *Cloud 9 Inhalation Anthrax Exercise* was part of the Citi Readiness Initiative (CRI), a federally funded nationwide project that focuses on enhancing preparedness. Through CRI, county health departments develop plans for delivering medical countermeasures to respond to a large-scale bioterrorist event within 48 hours. DOH-Seminole's entire staff participated in the training.



(Above and below: Staff role playing during the POD exercise)



Healthy Seminole Collaboration Meeting

On Friday, April 6th DOH-Seminole hosted the *Healthy Seminole Collaboration Reunion and Revitalization Meeting*. A total of 44 past and new community partners attended the meeting. Attendees and guest speakers focused on cooperatively addressing community needs such as those highlighted in the current community health improvement plan, including maternal and child health, access to care, behavioral health, substance abuse and chronic disease. This community partnership was established in 2013 and includes representatives from a wide range of private, non-profit, government as well as county and city agencies and organizations.



(Donna Walsh, Health Officer, addressing the Healthy Seminole Collaboration Meeting attendees)

Health & Hunger Forum



On April 9th, Health Officer Donna Walsh and Community and Population Health Division Director Ana Scuteri joined other healthcare partners and member food banks at the *Health & Hunger Forum* hosted by Feeding Florida to learn more about programs across the state that are addressing the intersection of health and hunger. The goal is to explore how networking together can improve health outcomes for the marginalized population.

Feeding Florida is a charitable organization committed to ending hunger in Florida. They engage in food and fund raising, public policy analysis, public awareness about hunger issues and disaster services. In a typical week, they feed over 325,000 clients.

SAFE KIDS DAY / HEALTHY KIDS DAY

Central Florida Tri-County Youth Count Report Meeting

Donna Walsh attended the Central Florida Tri-County Youth Count Report - A Community Conversation event on April 10th hosted by the Board of Directors of the Central Florida Commission on Homelessness. The Central Florida Commission on Homelessness contracted with Chapin Hall at the University of Chicago and over 45 community organizations to conduct the first-ever regional count of youth homelessness.

The report identified 268 youth and young adults, ages 13 to 24, that experienced some form of homelessness in Orange, Osceola and Seminole counties on a single night in October 2017. Forty-six percent of homeless youth fell into the sheltered category, meaning they slept in emergency shelters, transitional housing, hotels, motels, or hostels. Other key findings revealed that black or African American youth were overrepresented in all three counties, youth in foster care and justice systems were overrepresented in the tri-county area, and thirty-three percent of the female youth in the tri-county area reported being pregnant or a parent. With these tri-county data, central Florida has new evidence underscoring the importance of a community-level coordinated strategy to prevent and end youth homelessness.

The Florida Department of Health in Seminole County was founded in 1941. Today, we have two satellite offices – WIC in Casselberry and Environmental Health in downtown Sanford.

Seminole County is currently ranked number 4 out of 67 counties in the state of Florida for health outcomes and health factors.

It's a New Day in Public Health.

The Florida Department of Health works to protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

YMCA Healthy Kids Day

On April 21st the DOH-Seminole School Health and Women, Infants and Children (WIC) programs attended the *YMCA Healthy Kids Day* at the J. Douglas Williams YMCA in Lake Mary. There were approximately 200 attendees at the event. The programs taught families and kids the importance of staying healthy in all aspects of wellness and provided resources on available services.



(Patricia Lemm, from WIC, educates visitors at her table on WIC services and healthy options during the YMCA Healthy Kids Day)



True Health is offering a new service at our Sanford location for all patients/clients by appointment. Nilda Acosta, Certified Application Counselor, is on site on Tuesdays and Thursdays to assist clients applying for medical insurance or Supplemental Nutrition Assistance Program (SNAP) (ACCESS).

To schedule an appointment, clients may call (321) 832-7508.

Every Kid Healthy Week

The *Sixth Annual Every Kid Healthy Week* was celebrated the week of April 23rd - 27th and the Goldsboro Elementary School champion, MaryLynn Hess, coordinated gardening activities and all things healthy for the kids. Every Kid Healthy™ Week is an annual observance created to celebrate school health and wellness achievements and recognized on the calendar of National Health Observances.



(Students at Goldsboro Elementary School harvesting cabbage during Every Kid Healthy Week)

Safe Kids Day

On Saturday, May 5th, several DOH-Seminole programs participated in the Safe Kids Day hosted by the Safe Kids Seminole County Coalition at the Seminole Towne Center Mall. Safe Kids Day provides an opportunity for families to learn more about how to prevent injuries and take steps to keep their kids safer.



(School Health staff, Carla Bergollo and Sheryl Boxer, posing with McGruff, the crime fighting dog)



(L to R: WIC staff, Carla Evers and Noemi Torres Ramirez)



(DOH-Seminole team educating children)



(Carmen Pearman with Carl the Safety Bear)

HUMAN TRAFFICKING AWARENESS

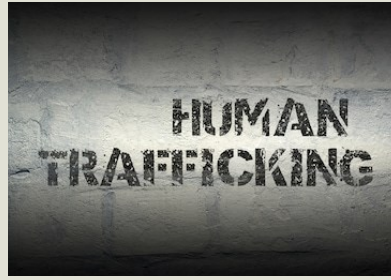
Teen Health Education

The 3rd episode of DOH-Seminole's Healthy Seminole show began airing on SGTV in June. This episode's theme is Teen Health. Health Officer Donna Walsh interviewed Stephanie Jackson from Seminole County Public Schools as well as Britt Henderson from the Westside Community Center Youth Mentoring Program during the recording of the show. Mrs. Walsh also interviewed Dr. Meena Joseph, DOH-Seminole's Medical Director, about the Teen Choices clinic. Other segments in the episode featured an interview with the Teen Outreach Program (TOP) Coordinator while she facilitated a class at the Altamonte Springs Boys and Girls Club. The Healthy Seminole show can be viewed on DOH-Seminole's website www.seminolecohealth.com or by visiting <https://www.youtube.com/watch?v=PQLJwdmlhYE>



(L to R: Donna Walsh, Health Officer, Dr. Meena Joseph, Medical Director)

Human Trafficking Symposium



On April 25th, DOH-Seminole's Health Officer, Donna Walsh and Cynthia Galvan, WIC Counselor, attended the Human Trafficking Symposium at Florida Hospital in Orlando. Florida ranks third in the nation for human trafficking. A panel of experts and survivors provided education on various aspects of human trafficking. Healthcare providers are in a unique position to help free victims from this

horrible situation because they are often the only professionals to interact with trafficking victims away from their trafficker.

Information was provided regarding the myths and misconceptions of human trafficking, the common vulnerabilities of the victim, trauma bonding, and why it is necessary for professionals to discover the victimization and not depend on disclosure by the victim themselves. Vinita Kiluk, MD, assistant professor of general pediatrics at USF Health Morsani College of Medicine, presented on the telltale signs healthcare providers should be watching for and the type of questions to ask patients about their background that may show signs that they are being trafficked.

If you believe you may have information about a trafficking situation, call the toll-free National Human Trafficking Hotline at 1-888-373-7888. All reports are confidential and you may remain anonymous.

To learn more please visit <https://humantraffickinghotline.org/>



4th Annual Live, Work, Move Seminole 5K and Kid's Dash

On Saturday, April 4th, No Limit Health and Education, Inc. in collaboration with DOH-Seminole hosted the *4th Annual Live, Work, Move Seminole 5K and Kid's Dash* at Center Lake Park located at 299 Center Lake Lane in Oviedo. The event was held during National Public Health Week to celebrate healthy living and to encourage residents, employees and visitors of Seminole County to become physically active and focus on personal wellness. Blood pressure, A1Cs and cholesterol screenings were provided. Information and education on health resources were provided as well as networking with vendors in attendance.

All race participants received a finisher's medal, t-shirt, and additional materials to stay healthy and make Seminole County the *healthiest* county in Florida!





The Master Gardener's Column

Gardening is a good form of exercise and provides a great way to relax, which is beneficial for your mental health. With fresh vegetables and herbs just a short distance away from the dinner table, it is more likely that you will eat them often.

As we enter late Summer, here are a few ideas and tips on what to plant and how to maintain your garden.

In the months of August and September, the hot days limit planting to heat-tolerant annuals such as coleus, kalanchoe, and vinca. Herbs that can be planted from plants (not seeds) include bay laurel, ginger, Mexican tarragon, and rosemary.

Vegetables to plant include tomatoes, bush or snap beans, and carrots. Tomatoes need about 1-2 inches of water per week. If rainfall is not enough, water plants thoroughly once a week. Heavy soakings once a week are better than many light sprinklings. Bush beans grow on a bush that is able to stand unsupported and can be either snap beans or shell beans. Use seeds for growing bush beans, as transplants do not do well. Seeds should be sown 1–2 inches into the soil in rows 18–30 inches apart. When sowing your seeds, keep in mind that you want about 2–3 inches between each plant. Soaking your seeds before planting is not necessary and could actually hurt germination; too much moisture will cause seeds to crack and germinate poorly. Keep the soil consistently moist until your seeds sprout; then water whenever you notice the soil surface has dried out. Beans will grow well in your garden or a container; just make sure they are in a location where they will receive at least eight hours of full sun every day. Fertilize your bush beans at half the rate used for other vegetables.

If you have palms planted check the older fronds for yellowing as it may indicate a magnesium or potassium deficiency. Apply an appropriate palm fertilizer if necessary. Solarize the vegetable garden in preparation for fall planting if not done in July. For annuals and bedding plants, remove the spent blooms, cut back, and fertilize flowering annuals and perennials to extend the bloom season into the fall months. In September, if the summer beds need refreshing, try ageratum, coleus, celosia, zinnia, and wax begonia for color into fall. Herbs that tolerate the warm temperatures of early fall include mint and basil.

For all plants, distinguish between the normal yellowing of older leaves and the yellowing of new growth, which usually indicates a micronutrient deficiency. Watch for drought stress and water as needed if rainfall has been spotty. Prepare for hurricane season by checking trees for damaged or weak branches and prune them if needed.

To learn more about gardening please visit sfyl.ifas.ufl.edu/lawn-and-garden/

NUTRITION 41

DOH-Seminole has an ongoing commitment to provide health education, promote healthy choices and prevent chronic disease. We embarked on a series of recipes inspired by the publication of a list of 41 of the most nutrient rich fruits and vegetables.

Research has shown the connection between green, leafy vegetables and colorful citrus fruits with a reduction in cancer and chronic disease. While nutrient profiling is not new, the recent study published in the Centers for Disease Control and Prevention (CDC) journal, 'Preventing Chronic Disease,' is one of the first classification schemes in which fruits and vegetables have been ranked in terms of their nutrients. The foods in the list were scored based on their content of fiber, potassium, protein, calcium, iron, thiamin, riboflavin, niacin, folate, vitamins A, B6, B12, C, D, E and K. These fruits and vegetables are known as Powerhouse Fruits and Vegetables (PFV) and they made the list based on a nutrients-to-calories ratio. Higher ranking foods provide more nutrients-per-calories.

In our last issue we featured a recipe for carrots. Number 28 on the list is lemons. The juice from one raw lemon yields 36 percent DV* of vitamin C, as well as significant amounts of thiamin, Vitamin B6, folate, magnesium, potassium and copper.

* The percent Daily Value (% DV) reported on product labels is based primarily on the Food and Drug Administration (FDA) reference values and a daily 2,000 calorie diet.



Lemon Blueberry Blender Muffins

Serves: 12 muffins

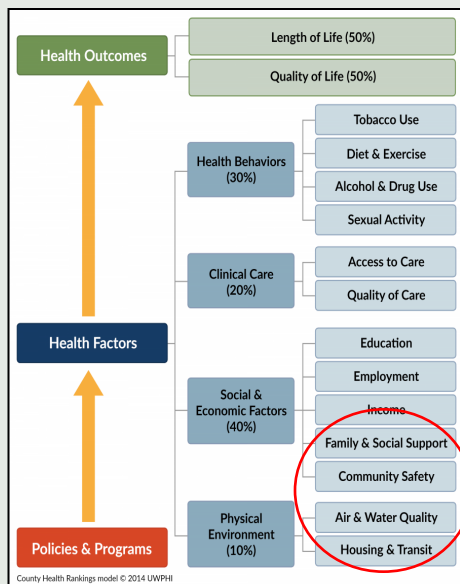
Ingredients:

- ½ cup plain Greek yogurt
- 3 eggs
- Juice of 1 lemon
- 2 tsp. lemon zest
- ¼ cup honey
- 1 tsp. vanilla extract
- 3 cups almond flour
- 1½ tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 1 cup blueberries, fresh or frozen
- 4 large cloves garlic, thinly sliced

Directions:

1. Preheat oven to 350 degrees F.
2. Combine first 6 ingredients (through the vanilla extract) in your blender and blend for about 30 seconds. Add the rest of the ingredients, except for the blueberries, and blend for about 1 minute. You could also use a hand mixer or food processor if you don't have a blender.
3. Fold in blueberries and divide batter between 12 prepared muffin cups. Bake for 25 to 30 minutes or until a toothpick inserted into the middle comes out clean.
4. Transfer muffins to a wire rack to cool then enjoy!

Recipe from www.eatyourselfskinny.com



Health Measures

As discussed in the last *Seminole Health Connection's Message from the Health Officer*, the *County Health Rankings* measure the health of counties in the nation and rank them within states. The rankings are compiled using county-level measures from a variety of data sources. The rankings not only provide a snapshot of our county's health, but can also be used to drive conversations and action to address the health challenges and gaps highlighted in the findings. The rankings use more than 30 measures to determine a county's health ranking. Exploring these measures in detail will enable us to learn why they are indicative of a community's health and how they in turn are influenced. In the last issue of *Seminole Health Connection* we explored adult obesity, a key health measure that significantly influences health outcomes.

For this issue, we will explore Family & Social Support, Community Safety, Air & Water Quality and Housing & Transit. These measures are part of the social, economic and environmental factors that combined together contribute fifty percent towards a given county's health outcomes. The *Message from the Health Officer* in this issue of *Seminole Health Connection* addresses disaster preparedness and highlights the importance of these factors as they may be significantly impacted by a disaster and their quality determines the resiliency of a community in the aftermath of a disaster.

Individuals who lack adequate social support are particularly vulnerable to the effects of stress, which has been linked to cardiovascular disease, and may also be more likely to suffer anxiety and depression. Socially isolated individuals also have an increased risk for illness and mental health problems. Community support can help mitigate the effects of social isolation especially in the aftermath of a disaster. In

Seminole County, public schools have been converted into evacuation shelters preceding and following a hurricane. Seminole County Government's Community Assistance Division assists residents with services that provide stability and recovery for those in need. Air and water quality are essential to good health at all times; however, in the aftermath of a hurricane, loss of electricity and flooding puts sewer systems and water lines at risk. Public and private agencies working together ensure that recovery is quick and that resources are available to counter problems that may arise. Maintaining infrastructure and planning for the effects of disasters such as flooding, fallen trees and other debris ensure that the well-being of a community is maintained and order restored. Conversely, inadequate resources to address such problems can result in an increase of communicable diseases and other health issues such as respiratory infections and dehydration. Together, the physical environment of a given community and social factors present affecting the individuals within it will reflect that community's health both generally and in times of crisis.

To learn more about health rankings and Seminole County's rankings specifically please visit www.countyhealthrankings.org

Men's Health Challenge



On Sunday, June 24th, a total of 60 attendees enjoyed the *4th Annual Men's Health Challenge*. The challenge was organized in observance of Men's Health Month by DOH-Seminole in collaboration with Spring Meadows Seventh-day Adventist Church and community partners. *Tune-Up Your Health: Driving Your Health in the Right Direction* was the theme for the event and encouraged participants to be aware of physical and mental barriers to achieving optimal health. Participants of the free event included men and their families which play a key role in their lives.

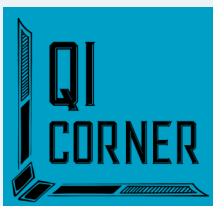
Attendees gained educational resources and information from vendors, completed health risk screenings and participated in a question and answer session after receiving expert advice from guest panelists Dr. Michael Rovito, Chairman of the Men's Health Initiative, Inc., Dr. Cedric Pritchett from Nemours Hospital, Joe Horton from Aspire Health Partners, Darnell Bush, Bethune Cookman College student, Jared Benton from ME Management PR, LLC and Alfredo Maldonado-Lebron from DOH-Seminole. The panel was moderated by Veronica Smith from Virtuous Precepts for Prosperous Living.



(Carlos Diaz from DOH-Seminole Mobile Health Services provides health screenings to a participant of the Men's Health Challenge)



(L to R: Alfredo Maldonado, Herronda Mortimer, Donna Walsh, Carlos Diaz, Venise White and Pastor Frank Ottati from Spring Meadows Seventh Day Adventist Church in Sanford)



From July 10th through July 12th, DOH-Seminole staff attended the 2018 NACCHO Annual Conference in New Orleans. NACCHO is the National Association of County and City Health Officials, an organization representing 2,800 local public health departments in the U.S. The theme for this year's conference was **Unleashing the Power of Local Public Health**. This theme aligns with the public health mission at the local level and attending this conference gave staff the opportunity to share their experiences and learn valuable information about the work being done around the country with respect to assessment, collaboration, communication and the management of programs. Successful and replicable public health practices were discussed as well as pressing challenges affecting our local health departments.



There were many compelling presentations. One presentation, *Community Approach to Promote Public Health: Healthy Chesapeake*, shared how the health department director and city leaders in Chesapeake, Virginia developed a community non-profit, *Healthy Chesapeake*, to serve as a conduit for the communities, stakeholders and partners' goal to improve population health. Health Officer Donna Walsh was a co-presenter on *Hospital, Public Health and Community Collaboration to Promote Healthy Food Access: Research, Resources and Success Stories*, where she shared DOH-Seminole's experience with our local Goldsboro Farmer's Market. Developed in collaboration with hospital and community partners, the Market brings fresh, healthy food to an area designated as a food desert. DOH-Seminole shared results from community input, program evaluation that informed successful implementation modifications and improved outcomes to sustain the market and capture buy-in from the community. We also had two poster presentations: *Building a Culture of Health Equity in Seminole County* and *Using Tele-Health to Aid STI Case Investigations in Florida Area 7: A Modern Innovation to Public Health Practices*.

To learn more about the conference, programs and resources that NACCHO provides visit www.naccho.org



(L to R: Donna Walsh, Health Officer, Ana Scuteri, Community and Population Health Division Director, and public health colleagues from central Florida)



(L to R: Ana Scuteri, Community and Population Health Division Director, Bethany Canales, Health Equity Coordinator, Donna Walsh, Health Officer)



(L to R: Ana Scuteri, Community and Population Health Division Director, Keisha Henry, Disease Intervention Specialist, Donna Walsh, Health Officer)

Hurricane Expo 2018

On May 19th, Carlos Diaz, mobile health services provider, attended the Hurricane Expo 2018 at the Seminole Towne Center Mall. Booklets containing information on how to prepare an emergency kit and other preparations that should be made in anticipation of this year's hurricane season were provided. A total of 300 booklets in bilingual formats were given away.

Hurricane season began June 1st and will end on November 30th.

To learn more about preparing for a hurricane please visit:

prepareseminole.org



(Carlos Diaz, mobile health services provider, shares hurricane preparation information)

Seminole County Annual Hurricane Exercise

On June 1st, DOH-Seminole joined Seminole County Emergency Management and many community organizations for the annual hurricane functional exercise at the Emergency Operations Center (EOC). The mandatory exercise for EOC staff went through a hurricane 4 scenario to test response capabilities. Pranav Mehta, Gloria Rivasdeneyra, Carmen Pearman and Mirna Chamorro staffed the ESF-8 desk and practiced the new WebEOC system, interacted with other Emergency Support Functions (ESF) and received simulated community and shelter calls.



(L to R: Pranav Mehta, Gigi Rivasdeneyra, Carmen Pearman, Mirna Chamorro)

TEEN SUMMIT / BODY MECHANICS TRAINING

2018 Florida Immunization Summit



DOH-Seminole School Health and Immunization staff attended the 3rd Annual 2018 Florida Immunization Summit on May 10th – 11th in Daytona Beach. The summit

provided updated information on best practices regarding child and adult vaccinations. There were presentations on the connection between HPV and cancer, pertussis and meningococcal disease, HPV vaccination quality improvement from a physician perspective, the epidemiology of vaccine-preventable disease and the long-term benefits of childhood immunizations.

The CDC estimates that vaccination of children born between 1994 and 2016 will: prevent 381 million illnesses, prevent 24.5 million hospitalizations, help avoid 855,000 early deaths, save nearly \$360 billion in direct costs and \$1.65 trillion in total society costs. Every dollar spent on childhood vaccinations ultimately saves \$10.10.



(L to R: Sue Park, Grace Oh, Maureen Denizard, Joan York, Sheryl Boxer, Carla Bergollo, Gloria Rivadeneyra, Ms. Kimberly N. Scott, Senior Program Analyst for Immunizations at NACCHO, and Gladys Fernando)

Teen Summit

The *Teen Summit 2018: (You)th Empowered!* hosted by Students Working Against Tobacco took place on May 19th at Midway Safe Harbor. DOH-Seminole's Florida Healthy Babies, Tobacco Prevention, School Health, WIC, Diabetes and STD programs along with community partners were involved in the planning and implementation of the teen summit. Over 90 participants enjoyed the panel discussion "Best Version of ME" to inform youth in the community about issues surrounding youth wellness, performances, vendors, and breakout sessions.



(DOH-Seminole School Health Program's Leticia DeJesus Ulate and Gloria Rivadeneyra facilitated a positive youth development workshop)



(Youth participating in the Teen Summit)

Body Mechanics Training

A total of 111 DOH-Seminole employees attended the Body Mechanics training on Thursday, June 14th facilitated by Valerie Risher, Region 5 special needs consultant. The training facilitator taught proper body mechanics to prevent and eliminate injuries to shelter workers and volunteers. This training was a didactic and hands on class that discussed the proper use of body mechanics while lifting and transferring objects and clients from a wheelchair to a cot utilizing a transfer belt.



(Participants of the Body Mechanics training practicing skills learned)

National Conference on Equitable Development

On Thursday, June 21st, Donna Walsh, Health Officer and Bethany Canales, Health Equity Coordinator attended the National Conference on Equitable Development at Bethune Cookman College in Daytona Beach. Bethany Canales presented to over 25 people about the DOH-Seminole Health Equity Initiative.



(L to R: Dr. Kevin Sneed: Dean, University of South Florida College of Pharmacy; Bethany Canales: DOH-Seminole Health Equity Coordinator, Akisia German: DOH-Volusia; and Dr. Brian McGregor: Kennedy Satcher Center for Mental Health Equity, Morehouse School of Medicine)

Mobile Health Services

The Florida Department of Health in Seminole County provides health services at the following locations each month.

- Rescue Outreach Mission of Central Florida
- Goodwill
- The Sharing Center
- Remington Inn
- Grace and Grits



The homeless, uninsured and underinsured can obtain health services, screenings and referrals. Individuals with chronic diseases such as diabetes can also utilize the mobile health services.

Health services include:

- Family Planning – Education, Referrals and Free Condoms.
- Screenings – Diabetes, Hypertension, Cholesterol, Heart Disease, Body Mass Index (BMI) and Blood Pressure.
- STD, HIV/AIDS, Hepatitis – Testing, Screening and Education (at specified sites).
- Referrals – Follow-up Care, Smoking Cessation and more.



(Sarah Wright, Executive Community Health Nursing Director)

SWAT Presents to Sanford Commissioners

The Seminole County Students Working Against Tobacco (SWAT) Program presented the benefits of a local tobacco retail license to the City of Sanford Commissioners on April 23rd. SWAT clubs from Seminole High, Crooms Academy, Lighthouse Christian Academy and Southwestern Middle were in attendance. The Public Hearing presentation educated decision makers on the benefits of a local retail license. The Commissioners offered SWAT the opportunity to work with the City of Sanford youth council to continue their efforts. The presentation was a success and students left with a new opportunity and a sense of empowerment.



Special Needs Shelters Highlighted on Channel 6

Channel 6 WKMG reporter, Kirstin O'Connor, interviewed Sarah Wright, Executive Community Health Nursing Director for DOH-Seminole about nurses staffing special needs shelters during a storm. The story "Orlando-area nurses prepare for active hurricane season" aired on May 31st. The story emphasized staff and nurse training, getting ready all year round and the purpose of the Special Needs Shelters.

The story can be viewed at:

<https://www.clickorlando.com/news/nurses-prepare-for-active-hurricane-season>

Let's Kick Asthma!

On May 9th, Gloria Rivadeneyra, School Health Manager and Yvette Bhowanidin from the Tobacco Program attended the *Let's Kick Asthma!* event hosted by the Let's Kick Asthma Foundation, Inc. in



(L to R: Dahlia Scafe, DOH-Orange SWAT Coordinator, Shanielle Lee-Shaw and Yvette Bhowanidin
Back row: JoJo, radio personality from Star 94.5 FM and Gigi Rivadeneyra)

Maitland. The Let's Kick Asthma Foundation offers a free monthly educational support group and outreach services to assist asthma patients with the challenges of learning to control the symptoms.



Compiled and edited by
Pranav Mehta. Please send
comments and suggestions to:

Email:
pranav.mehta@flhealth.gov
Visit us at:
seminolecohealth.com